




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Strength Tr 10:00 Wii Bowl 11:45 Today's news 5:00 BINGO Party	10:00 Card Games 10:30 Sit & Be Fit 11:45 Today's news 12:45 "RED" BINGO	9:00 Strength Tr. 10:00 Wii Bowling 10:30 – Craft Project 11:45 Today's news 12:00 Birthday cake & Ice Cream 5:30 Trip to the Movie	Wal-Mart Shopping Frederick, MD 10:00 – 3:00 <i>Groceries for Seniors at Frederick Senior Center 1:00 – 2:00</i>	<div>           Department of Aging trips for December:             12/4-PA         </div>
	<div> <i>The best of all gifts around any Christmas tree is the presence of a happy family all wrapped up in each other. ~Hillis</i> </div>	9:00 Strength Tr 10:00 Wii Bowl 11:45 Church Lunch 12:30 11:45 Today's news & Trivia 5:30 PIZZA & Card Party  First Day of Hanukkah	10:00 Card Games 9:30 Nurse STEVE 10:30 Frederick County Ambulance Insurance 12:45 "GREEN" BINGO	LUNCH-Turkey Sub 9:00 Strength Tr 10:00 Fall Prevention Program 11:45 Today's news 1:00 – Craft Project Paper Cutting	10:00 Checkers 11:45 Today's News & Trivia 1:00 Local Shopping	<div>           Christmas Show             12/11-Allenberry Playhouse             12/30-Toby's Dinner Theatre         </div>
13	14	15	16	17	18	19
	CENTER CLOSED	9:00 Strength Tr 10:00 Wii Bowl 10:30 – Craft Project 11:45 Today's news	10:00 Card Games 10:30 Sit & Be Fit 11:45 Today's news 12:45 "Cookie" BINGO	LUNCH-Christmas Dinner 9:00 Strength Tr 10:00 Wii Bowling 11:45 Nutrition Minute 6:00 Dinner & Dance	Christmas Party 12:00 Noon Held at the Brunswick Eagles <i>*Reservations by 12/15</i>	<div> <u>Jan-Mar TRIPS Information available 12/1 Registration begins 12/15.</u>             For reservations or more details about trips please see trip flyer or call for more details 301-600-1605         </div>
20	21	22	23	24	25	26
	CENTER CLOSED	LUNCH - Baked Potato Bar 9:00 Strength Tr 10:00 Wii Bowl 11:45 Today's news 5:30 Card Party  Winter Begins	10:00 Card Games 10:30 Sit & Be Fit 11:45 Today's news 12:45 "Wrapped" BINGO	CENTER CLOSED	CENTER CLOSED	<div>           Christmas Day             Kwanzaa Begins         </div>
27	28	29	30	31		
	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	"Where the finest People meet"	